

THE NAVAJO NATION



JONATHAN NEZ | **PRESIDENT** MYRON LIZER | **VICE PRESIDENT**

October 17, 2022

Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 100 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing high transmission of COVID-19 advisory for the following communities. The cases reflect dates September 30 – October 13, 2022. The advisory will be in effect until the high transmission and cases decline.

The following communities are identified as having uncontrolled spread of COVID-19:

Baca/Prewitt	Ganado	Many Farms	Rock Point	Thoreau
Black Mesa	Houck	Nageezi	Shiprock	Tonalea
Chichiltah	Indian Wells	Naschitti	St Michaels	Tuba City
Chinle	Kaibeto	Newcomb	Tachee/Blue Gap	Twin Lakes
Churchrock	Lukachukai	Pinon	Tecnospos	Upper Fruitland
Coyote Canyon	Manuelito	Red Lake	Teesto	

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

People at Increased Risk for Severe Illness	Might be at Increased Risk for Severe Illness
<ul style="list-style-type: none">• Older Adults• Cancer• Chronic kidney disease• Chronic obstructive pulmonary disease• Heart conditions• Immunocompromised state• Obesity and severe obesity• Pregnancy• Sickle cell disease• Smoking• Type 2 diabetes mellitus	<ul style="list-style-type: none">• Asthma• Cerebrovascular disease• Cystic fibrosis• Hypertension or high blood pressure• Immunocompromised state• Neurologic conditions, such as dementia• Liver disease• Overweight• Pulmonary fibrosis• Thalassemia• Type 1 diabetes mellitus

All residents should practice health and safety measures:

- Get vaccinated.
- Wear a mask in the public.
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.

- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website: <http://www.ndoh.navajonnsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.